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MOUNTAIN OF CASH

Vail Resorts makes $1.4B takeover offer for Whistler Blackcomb

metroNEWS

THE CANADIAN PRESS

Charity given chance to stay

THE WRITERS' EXCHANGE

Lululemon founder's real-estate company credited with choice

Matt Kieltyka
Metro | Vancouver

One Vancouver charity is crediting Lululemon founder Chip Wilson's real-estate company with a "change of heart" that will allow it to stay in the Downtown Eastside neighbourhood where it is needed most.

The Writers' Exchange, which helps more than 700 inner city kids get excited about reading and writing, was facing an uncertain future after Low Tide Properties bought the three-storey building it called home in 2013 and began raising tenants' rents or maintenance fees.

That led to several non-profits and charitable organizations leaving the building, in the 800 block of Hastings Street (though some said they left for unrelated reasons).

However, the charity's creative director, Sarah Maitland, told Metro on Monday that it is close to securing a new five-year lease in a second-floor unit in the Low Tide-owned building for less rent than its existing ground-level space.

"(Low Tide) had a change of heart and said they wanted to negotiate with us to stay in the building," said Maitland. "This is where our kids are, this is where the schools are and it lets us keep the relationships we've made in the community."

Since Metro reported on tenants leaving the building amid increasing gentrification in April, Maitland said the Writers' Exchange was having little luck finding a suitable new home.

Maitland said the deal offered by Low Tide is a "sweet" one, especially since nothing else available on the market met the Writers' Exchange's budget and needs.

Low Tide Properties president and director David Ferguson could not be reached for comment by Metro deadline.

But in an email exchange with Maitland earlier this month shown to Metro, Ferguson wrote: "We are very much in support of the reading programs you offer for children in the community and are happy to work with you in any way we can to ensure that ... work continues."

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metro NEWS

Your essential daily news

This Ottawa man is packing up and sailing around the world in 300 days. **Canada**

No raise for you, B.C. workers

WORK

Despite hot job market, high cost of living, wages not rising

Jen St. Denis
Metro | Vancouver

If you live in Metro Vancouver and are trying to pay your rent or mortgage, you probably feel like you could use a raise.

But despite B.C.'s booming job market, economists aren't seeing the lift in wages they expected.

"Given our employment growth, it is a puzzle," said Bryan Yu, an economist with Central 1 Credit Union.

Metro Vancouver and Victoria are currently Canada's bright spots for job creation: since January, job growth in Metro Vancouver has increased five per cent while Victoria has seen growth of three per cent, compared to just 0.4 per cent for all of Canada. Tourism, construction, tech and professional services are all sectors that are hiring and, in some cases, have complained of severe labour shortages.

In contrast, wages in B.C. have grown just one per cent.

More people in B.C. are looking for work and job seekers from other provinces are flocking to B.C. That extra supply of labour could be one reason wages have stayed flat, Yu said. B.C. has also lost some high-paying jobs with the downturn in mining and oil and gas, although that effect is relatively minor.

B.C.'s hot real estate market has created a lot of construction jobs and wages have seen a modest 2.4 per cent increase compared to 2015, according to BC Stats.

"Competition is tight and (labour) supply is tight," said Fiona Famulak, president of the Vancouver Regional Construction Association.

"There's a lot of demand given the economic activity going on, but we're finding there's a shortage and we're going to continue to be thousands of workers short."

But companies have focused on offering training and benefits to employees rather than wage increases, Famulak said. They're recruiting from other provinces and countries and even poaching from other companies in order to find the people they need.

As in many industries, Famulak said, many construction workers cannot afford to live in Metro Vancouver's inner suburbs and are commuting to the job site from locations like Langley.

Accommodation and food services businesses have struggled this year to find enough people to fill positions. Go2HR, an organization that provides resources to B.C.'s tourism industry, said there has been an increase in the average hourly wage, from $13.96 last July compared with $15.05 this July. However, wages have yet to regain the high of $15.40 in January 2015.

With employers no longer able to access temporary foreign workers for low-skilled jobs and steady job growth anticipated, wages should start to creep upward, Yu said.

"It's going to put pressure on wages for some of these sectors," he said.

Despite Vancouver's booming job market and labour shortage, wages have remained stagnant for workers. JEFF HODSON/METRO FILE

> Given our employment growth, it is a puzzle.
> Economist Bryan Yu

BY THE NUMBERS

5%

Since January, job growth in Metro Vancouver has increased five per cent.

3%

Victoria has seen growth of three per cent.

0.4%

In comparison, Canada overall has seen just 0.4 per cent growth.

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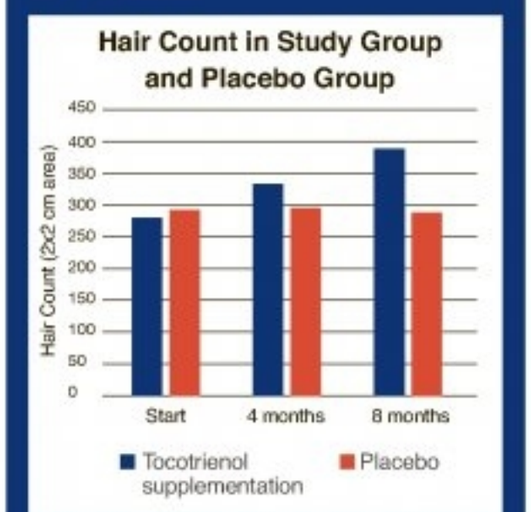
It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at Shoppers Drug Mart, GNC and participating Walmart stores, as well as participating health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

Would-be renters advertise themselves on phone poles. Vancouver's extremely low vacancy rate and high land values are putting renters at a disadvantage. COURTESY BRANDON YAN

Desperate renters poster the streets

HOUSING

Ads on phone poles illustrate the difficulty of finding space

Jen St. Denis
Metro | Vancouver

A pair of homemade posters illustrates how Vancouver's rental crisis is hitting both long-established residents and young newcomers.

Susan has lived in her Kitsilano apartment for 22 years but is being evicted so her landlord can live in her suite while he renovates his living quarters. She must leave her apartment at the end of this month but has had no success so far finding an apartment in her neighbourhood.

"I would like to stay on the Westside — that's where I grew up," Susan said. "I still work, so I don't want to move far out where I have to drive a long way to get to work."

Sofia Pickstone, a 19-year-old student from Salt Spring Island, is about to start her first year at Emily Carr University of Art and Design.

Both decided to take the step of putting up signs on Vancouver streets, advertising their qualities as renters: "Very tidy, quiet and responsible student in search of affordable accommodation," reads Pickstone's flyer, while Susan's outlines her long attachment to the neighbourhood, that she is a non-smoker who works full time and lives a "quiet lifestyle."

Having lived in the same apartment for more than 20 years, where her rent was limited by B.C.'s two per cent-plus-inflation annual rent increase rule, Susan knows she will now have to pay around $200 more per month for a similar suite. But in two months of searching, she has yet to find an available apartment.

"It seems pretty hectic," Pickstone said. "We've been looking on Craiglist a lot. If there's one that pops up that's good, you have to be there right after the ad is posted and be the first to show up."

Susan has had one response to her flyer, but she turned it down because the basement suite only had a shower stall, not a bathtub.

Pickstone has had several responses from people who are looking for both a place and a roommate and called to ask if she had any success finding an apartment. Others misinterpreted her poster and thought she was a landlord with an available suite.

Vancouver's rental vacancy rate is currently at just 0.6 per cent, putting the squeeze on renters to find and keep a place while rents continue to rise.

The flyers struck a chord with Brandon Yan, a 30-year-old Vancouver resident. He took photos of the posters and put them on Twitter.

> **If there's one that pops up that's good, you have to be there right after the ad is posted.**
> Sofia Pickstone

"I've seen people on other platforms online saying, 'We're legit renters, we're upstanding citizens, it's just very difficult to find an apartment,'" he said. "But I haven't ever seen people taking to telephone poles to advertise the fact that they're looking for an apartment — and here's our resume, essentially."

The issue has become "very personal," said Yan, who works for non-profit Out in Schools and has seen his friends and siblings unable to find stable housing.

"You see people struggle, and I also struggle because I work at a non-profit."

The Musqueam, Squamish and Tsleil-Waututh Nations paddle Fisheries and Oceans Minister Dominic LeBlanc, Vancouver deputy mayor Heather Deal and other politicians to the opening ceremony of the Kitsilano coast-guard station this week. WANYEE LI/METRO

Coast Guard expanding

SAFETY

Kitsilano base will respond to oil spills, offer local training

Wanyee Li
Metro | Vancouver

The Kitsilano Coast Guard base is expanding its services, the federal government announced Monday morning at an opening ceremony for the renovated base.

The station was back up and running as of May 1 after the federal Liberals made good on an election promise to re-open it, after the previous government closed it in 2013.

But Fisheries and Oceans Minister Dominic LeBlanc announced the site would become a "first of its kind" in Canada as of April 2017, with the capability to respond to oil spills and other environmental emergencies, as well as the mandate to provide training services for local communities who want to be part of a response network.

"This will be a unique facility in the country," he said.

"The number of personnel is going up, the equipment is improving, the training is getting better. If there is the need to add additional resources, we will do exactly that as well."

Coast Guard Assistant Commissioner Roger Gerard confirmed there will be at least five people, including environmental response specialists, working 24/7 at the Kitsilano base — two more than pre-closure staffing levels.

"We're looking at a five-person model that includes environmental response capability which means we can launch two vessels simultaneously," he said.

The base will be home to three vessels, including an all-weather capability vessel, a fast-rescue craft, and a pollution-response vessel.

The base has already responded to over 100 search-and-rescue calls and 13 environmental response calls since it re-opened in May.

"It's an essential service," said LeBlanc.

The federal government allocated $23.6 million over the next five years to expanding the base.

There are no details about the training program but Coast Guard Commissioner Jody Thomas said it is reaching out to local groups, including indigenous communities, to ensure they will have access to the resources and equipment needed to help in the event of an oil spill or search and rescue incident.

ARRESTS

Shooting plot foiled, police say

Matt Kieltyka
Metro | Vancouver

Six young men have been arrested in Surrey for allegedly plotting to carry out a drive-by shooting, according to police.

Surrey RCMP and the city's mayor, Linda Hepner, made the announcement on Monday in response to ongoing violence within the drug trade.

According to police, investigators learned that the six suspects were planning to open fire at two homes but RCMP, along with the Combined Forces Special Enforcement Unit and Lower Mainland Emergency Response Team, moved in and were able to prevent the shootings.

Manpreet Michael Johal, 24, Himmat Singh Virk, 18, Beltej Singh Gill, 18, Randeep Singh Johal, 18, and an unidentified young offender are facing charges in connection with the incident.

A sixth man has also been arrested but cannot be named until charges have been approved.

FATAL FALL

Hiker dies in Squamish

The BC Coroners Service is investigating after a 31-year-old hiker fell about 20 metres to her death in Squamish on Sunday. She was hiking with her boyfriend on the Habrich Trail above the Squamish Gondola. She was pronounced dead at the scene.

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U.S. company buys Blackcomb

BUSINESS

Colorado's Vail Resorts to take reins in $1.4B friendly deal

One of Canada's most popular and internationally renowned ski destinations is being sold to an American resort operator with the architects of the nearly $1.4-billion deal citing financing for expansion and a push to attract more international visitors as benefits of the sale.

Colorado-based Vail Resorts Inc. has reached an agreement to buy Whistler Blackcomb Holdings, owner of Whistler Blackcomb ski resort, saying Monday the transaction would give the British Columbia tourism hub access to both the money and the markets it needs to grow its status as one of the world's leading, year-round ski havens.

"We have felt for a long time that Whistler (Blackcomb) is really the best positioned North American resort to benefit from the growth that we expect in outbound Chinese ski visitation, especially as China starts to ramp up towards the 2022 Beijing Winter Olympics," said Vail CEO Rob Katz on Monday.

"For our company to have a strong entree into that opportunity is meaningful."

The deal is expected to close in the fall.

Whistler Blackcomb is both the largest and the most popular ski destination in North America, with more than two million people visiting last year. It gained further renown on the world stage six years ago when it helped host the 2010 Winter Olympic Games.

A skier makes his way down Blackcomb Mountain as snow from a snowmaking machine hangs in the air in Whistler, B.C. DARRYL DYCK/THE CANADIAN PRESS

Whistler Blackcomb CEO David Brownlie, who will stay on as chief operating officer once the deal closes, said a more diversified company has better long-term stability.

"We've both come off very strong years. We're both doing very well," Brownlie said about Whistler Blackcomb and Vail.

"We think that working with Vail will accelerate our business plan and we're excited to move forward with it."

Whistler Blackcomb pulled the curtains back earlier this year on an ambitious $345-million expansion project, dubbed the Renaissance plan, to build more weather-independent facilities, improve infrastructure and expand its real estate offerings.

Vail's financial support and broad network of customers, including half a million seasons pass holders, will go a long way to boosting business at Whistler Blackcomb, said Brownlie.

Vail operates nine mountain resorts and two ski areas in the U.S. and Australia, making Whistler Blackcomb its first foray into Canada. Two years ago, Vail bought Utah's Park City Mountain Resort for $182.5 million US and merged it with a neighbouring resort.

THE CANADIAN PRESS

BRIEF HISTORY

When it opened in 1966, the Whistler resort featured a four-person gondola, a double chairlift and a day lodge. It has since grown to become one of the premier ski destinations in North America. Whistler and Blackcomb, its rival at the time, merged in 1997, becoming the largest and most visited ski resort in North America.

> **We think that working with Vail will accelerate our business plan.**
> Davide Brownlie, Whistler Blackcomb CEO

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Tool sheds light on pre-human ancestors

SCIENCE

Animal residue left behind tells story of ancient life

Sam Smith
For Metro | Vancouver

Thousands of years before homo sapiens entered into the world, our ancestors were living off the land much the same as us by hunting and gathering. But no direct evidence pointed to just how intelligent they were — until today.

A research team led by paleoanthropologist April Nowell of the University of Victoria uncovered thousands of tools in Azraq, Jordan, including hand axes, scrapers, flakes and projectile points. Some of these tools contain protein residue — remains of butchered animals dating back 250,000 years.

While stone tools have been found before, the residue of the kinds of animals found on these ancient tools brought back surprising results, linking rhinoceros, horse, wild cattle and duck to these hominins.

"The implication of all of this is these early hominins were engaging in a wide variety of techniques in order to exploit these kind of animals," Nowell told Metro. "It might seem obvious to say, but the way you take down a rhino is different than the way you take down a duck. A rhinoceros requires a certain amount of co-ordination to take down, and even if you're scavenging you have to know how to drive off predators, which still requires co-ordination."

This indicates a sophisticated level of intelligence, she said, as it required a strong social aspect among peers, knowledge of the predators and creatures at hand and how to manipulate the situation to their benefit.

"The cognitive sophistication and social sophistication it takes is remarkable," she said. "It's similar to even what modern hunter-gatherers would have done."

Nowell and her team utilized a technique called Cross-over immunoelectrophoresis (CIEP), which detects residues based on reactions between antibodies and antigens.

Essentially, the researchers have to take a guess as to what kind of animal the residue could be from, run the CIEP test on the specific animal blood they have hypothesized, and compare its reactions with that from the residue they inject into a host animal.

It's a technique taken from forensics, which Nowell says provides clear-cut answers. She hopes other archaeologists adopt it as well.

This discovery, which Nowell ranks as her most important to date after decades of research, diverges from expectations around how smart these ancient hominins were.

Yet aside from the implication of intelligence, the organic residues preserved on these tools pre-date any other findings thus far, Nowell said, with the closest being 11,500 years old.

"Second, the variety of species we've uncovered is quite remarkable," she said.

"It's direct evidence in a way because we don't have the animal bones for all of these animals on our site. We have some, but not all."

Nowell plans to continue her work in Jordan, as she has done for the past 15 years with the encouragement of the Jordanian Department of Antiquities, the Royal Society for the Conservation of Nature, and the local communities of Azraq. She and her team have mapped new dig sites along with continued work on their current site.

Top: An ancient hand axe that was uncovered in Azraq, Jordan, and contained protein residue from a horse. APRIL NOWELL/CONTRIBUTED Bottom: UVic anthropologist and lead investigator April Nowell on site in Azraq in 2014. JAMES POKINES/CONTRIBUTED

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Magic camp casts spell on kids

VANCOUVER PARK BOARD

Vet magician inducts youth into the world of illusion

David P. Ball
Metro | Vancouver

Logan and Caitlyn Mills, along with Isabella Ilic, right, watch John Kaplan perform at the Magic Day Camp at the Hillcrest Community Centre. JENNIFER GAUTHIER/METRO

If your kids have an aptitude for making household objects vanish without a trace, causing money to magically disappear, and seeing the wonder in everyday life, this month's summer magic camps may be for your family.

Just don't call them "tricks," warned Richmond "master magician" John Kaplan, a 37-year veteran of the craft who is offering two day camps next week through Douglas Park Community Centre, his last of a series this summer.

"Trick has a negative connotation," he said. "It can also be a verb: I tricked you. But the point is not to trick or fool the audience, but to give them a feeling of wonder."

As Gob Bluth noted in the TV comedy Arrested Development, "Don't call it a trick — it's an illusion."

Kaplan, a magician with 37 years of experience in the craft — who is offering both morning and afternoon day camps next week through Vancouver Park Board, and several more in Richmond and Delta later this month — will never forget the first time he saw a magician a half-century ago at his father's office holiday party when he was nine.

"I was thrilled," the 58-year-old performer told Metro. "I remember at one point in the act, he asked for volunteers from the audience. Of course every kid had their hand up but he settled on my friend."

A few weeks later, on Christmas morning, he received a gift that changed his life: Dante's Magic Set.

"I picked it up then and never looked back," he recalled. "Nine seems to be the magic age to really get hooked.

"Some kids like me decided we never want to grow up and we just keep at it!"

Through his magic day camps, Kaplan hopes to inspire a new generation with what thrilled him decades ago — teaching the "foundations" of the craft, including "cool things" with everyday objects such as coins that disappear in your fingertips, making paper money "melt" through other bills, even "incredible feats of levitation" with objects jumping from one hand to another.

> **The point is not to trick or fool the audience, but to give them a feeling of wonder.**
> John Kaplan

"They learn principles and techniques of magicians: the principles of misdirection," he revealed. "They learn the three golden rules: never reveal the secret, never repeat a trick, and practise, practise, practise.

At time of publication, there were still several spaces available in both morning and afternoon daily magic camp. City-offered camps like this one aren't just to keep kids busy during holiday season, however. They also help foster children's development, according to Park Board chair Sarah Kirby-Yung in an earlier statement.

For Kaplan, all those are part of why many kids love magic, but he also hopes to "push the next generation along and keep advancing the art," he said. "But I also hope they go home and fool the pants off their parents!"

The last of the Park Board's magic day camps of the summer — one in mornings, one in afternoons — are offered Aug. 15 to 19 at Douglas Park Community Centre's Tapestry Community Rooms (2821 Heather St.). Ages 7-13, registration required: $120 ($60 with Leisure Access card). For more information visit vancouver.ca.

Richmond's Thompson Community Centre will be offering the same courses Aug. 22-26. Visit richmond.ca to register.

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Amanda Todd's mom riled by mock poster for Suicide Squad

INTERNET

Meme depicts people known to have taken their own life

A mock movie poster for Suicide Squad depicting Amanda Todd with celebrities who killed themselves has drawn the British Columbia teenager's mother into another battle against cyberbullying and trolls.

Carol Todd is taking aim at an Internet meme she spotted that began with depictions of her daughter, actor Robin Williams and rocker Kurt Cobain. She said the images being spread online ridicule her daughter's death and perpetuate misconceptions about suicide.

"It's just contradictory to the message that we're sending," she said Monday. "If you have mental illness and you are feeling that you're not supported — and you need help — go and ask for help."

The 15-year-old girl from Port Coquitlam took her own life in October 2012 after intense cyberbullying. She drew global attention to the issue by posting a YouTube video before her death recounting how she was relentlessly harassed.

Todd's mother first became aware of the meme last week, and several variations created since are being shared around the Internet. The film itself is a fictional thriller about a team of the world's most dangerous super villains assembled by a secret government agency to execute black-ops missions.

"Ironically enough, if my daughter was alive she would probably be viewing the movie, that's what young people are viewing these day," said Todd, noting the film isn't actually about suicide.

"(The meme is) just another way of attention-seeking by people with trolling behaviours. They empower themselves with negativity."

Todd has shared some of the memes on Facebook to start a discussion about the issue. She said some people tell her to ignore what's posted, but she instead sees the situation as an opportunity to raise awareness.

"We're never going to (enact) gun control in the United States, and all those other issues that are around the world, if we don't talk about them, if we don't build awareness and we don't build understanding," she said.

"That's why I can't not say anything."

Todd said she also wants people to be more sensitive when it comes to expressions about suicide. She said anybody who has lost a loved one is likely to be hypersensitive to words like "I've had a bad day, I think I'll go kill myself."

She is encouraging parents to discuss jokes and nonchalant speech about suicide with their children. THE CANADIAN PRESS

Carol Todd holds a photograph of her late daughter Amanda Todd while sitting on a bench dedicated to her at Settlers Park in Port Coquitlam on Oct. 5, 2013. Her 15-year-old daughter took her own life Oct. 10, 2012 after repeated bullying. DARRYL DYCK/THE CANADIAN PRESS

Man's trans-Canada walk to raise abuse awareness concludes

A Saskatchewan man who walked across Canada to raise awareness about domestic abuse was greeted by a tiny cheering section as he arrived at the Terry Fox statue at Mile 0 in Victoria after a four-month odyssey.

A beaming Conrad Burns says he endured blizzards, winds and long stints without food during a journey in which he was able to speak with Canadians about ending domestic abuse.

The 38-year-old Cree man from Prince Albert says the walk from Ottawa to Thunder Bay was the loneliest and most trying portion of his 7,400-kilometre trek across Canada.

Burns says he did not walk the entire distance himself, estimating he personally walked 3,500 kilometres, but he counted the kilometres of friends who joined him for portions of the journey as part of his total.

Burns says he set out to raise money to build safety homes for abuse survivors, but was not able to accomplish the goal and the money he did raise went to defray the costs of his walk.

He says the walk and the support he received cost about the same — $10,000.

Burns says he was honoured to end his walk at the Terry Fox statue.

"It's great to stand at the footsteps of an icon," he said.

He said he was not disappointed that only three people, his mother and two friends, were on hand to witness his achievement.

"A lot of people aren't here today, but I do have a lot of friends and supporters that have come with me along the way," Burns said. "I put a picture on Facebook Sunday and we have 250 likes. I have people congratulating me from all over Canada. Unfortunately, just because they aren't here physically doesn't mean they aren't here spiritually."

Burns says he plans to run for mayor of Prince Albert this fall. THE CANADIAN PRESS

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Chris Fournier sits on his sailboat, Little Sark, as he prepares to sail non-stop around the world. JUSTIN TANG/FOR METRO

Ottawa man to sail the world in 300 days

TRAVEL

Adventurer won't set foot on land for entire journey

Emma Jackson
Metro | Ottawa

What do you do when you're burnt out, tired of your job and ready for something new?

Drop everything and sail solo around the world, of course.

At least, that's what you do if you're Ottawa sailor Chris Fournier, who leaves from Montreal on Tuesday on a 300-day solo trip in his 30-foot cutter, Little Sark.

Having grown up sailing, Fournier had always dreamed of taking the perilous global journey some day.

"You get to a certain point in your life and ... a bolt of lightning hits you on the head and you remember the dream," Fournier said. "I'm free and I wanted to do it before I'm 50. Sometimes you just have to kind of make the decision."

He's not planning to touch land along the way, so he's on his own the entire time.

It's the ultimate survival test: he'll have to problem-solve on the fly, and when the going gets tough he'll have to decide to ride it out or abandon ship.

> **Sometimes you just have to kind of make the decision.**
> Chris Fournier

"Survival is really down to my hands," he said.

Fournier has outfitted his boat with an extra mast for better balance, and has gathered hundreds of pounds of food and drinking water. His e-reader is fully loaded.

Fournier will follow the traditional tall ship route, passing by the Cape of Good Hope near South Africa, Cape Leeuwin at the south-west corner of Australia, and Cape Horn near Chile.

Pirates and icebergs are still a risk, but Fournier said this longer route has less of them. He'll also have the wind at his back.

Still, it's a risky business. Three other Canadians have tried and failed to complete the journey. One of them, Gerry Roufs, was lost at sea during his attempt in 1997.

But Fournier's not thinking about that yet.

"You kind of focus on the here and now and worry about the fear later," he said.

Fournier's just excited to leave this hectic, smartphone-centric world behind.

You can follow his journey at www.sailor.life.

OTTAWA

Woman kicked off bus for wearing crop top

Ottawa's public transportation system is apologizing after a young woman was kicked off the bus for showing her midriff.

"We're not here to judge people on how they dress," said OC Transpo's general manager John Manconi. "We can all agree that as a city that's not what we're about."

That wasn't Monica Werthner's experience after she was kicked off the bus on Sunday afternoon on her way to work.

She had just put her tickets in the machine when a female driver told her the crop top and jogging pants she was wearing were "vulgar."

The driver made Werthner, 18, get off the bus.

Werthner didn't argue, and left the bus without first getting a transfer — leaving her stranded and late for work.

After the bus pulled away, Werthner said what happened sunk in.

"I was really embarrassed and kind of frustrated," she said. "I didn't understand why I would have gotten kicked off for what I was wearing."

Neither does OC Transpo, which is investigating the incident. The transit operator doesn't have a customer dress code policy. Werthner will receive a free monthly bus pass for her trouble.

EMMA JACKSON/METRO OTTAWA

Monica Werthner COURTESY 580 CFRA

INVESTIGATION

Quebec zoo employee stable after lion attack

A lion at Quebec's Granby Zoo attacked an employee Monday, fracturing her backbone, the head of the facility said.

The woman, in her early 20s, was in hospital in stable condition but zoo director Paul Gosselin called her injuries "severe."

He said the zoo is still investigating the circumstances.

The employee had been performing the morning preparation routine at about 9 a.m. in the lion den, home to the zoo's three lions, when one of them attacked her, Gosselin said.

A second employee sprayed the lion with water from a hose and managed to distance the animal from the injured woman.

"What we know is that she suffered a cervical fracture and a few lacerations," Gosselin said. "She is stable and was conscious throughout the whole intervention." THE CANADIAN PRESS

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SOCIAL MEDIA

Grégoire Trudeau backs breastfeeding

Prime Minister Justin Trudeau's Twitter account is drawing attention to World Breastfeeding Week with a photo of his wife and their son.

The tweet includes a photo of Sophie Grégoire Trudeau breast-feeding their youngest son, Hadrien, and the message: "This World Breastfeeding Week, let's support mothers to breastfeed anytime, anywhere. — SGT #WBW2016"

There's no mention of when the picture of was taken.

Breastfeeding is touted as "a key to sustainable development," in a joint release from UNICEF and the World Health Organization.

The release quotes from a series on breastfeeding from the respected medical journal The Lancet published last January, noting the series "argues that improving breastfeeding practices makes the world healthier, smarter, and more equal." TORSTAR NEWS SERVICE

Sophie Grégoire Trudeau breastfeeding son Hadrien. TWITTER

SAN FRANCISCO

Pokémon Go player shot dead

A 20-year-old man was shot to death while playing Pokémon Go at a tourist attraction along San Francisco's waterfront, authorities and a family friend said.

Calvin Riley was shot Saturday night by an unknown assailant at Aquatic Park near Ghiradelli Square, the U.S. Park Police said Sunday.

A family friend told KGO-TV Riley and a friend were playing the hit mobile game when he was shot. "From what we know there was no confrontation. There was nothing said back and forth. It was just senseless, just came up and shot in the back and ran away for nothing," John Kirby said.

Sgt. Robert Jansing, a detective with the U.S. Park Police, said the gunman did not take any of Riley's belongings or try to rob him. THE ASSOCIATED PRESS

IN BRIEF

70 dead in Pakistan suicide attacks

Pakistani militants struck at the heart of the country's legal profession on Monday, killing a prominent attorney and bombing the hospital where dozens of other lawyers had gathered to mourn. The attacks killed at least 70 people, most of them lawyers, authorities said. A breakaway faction of the Pakistani Taliban claimed responsibility for the attacks in Quetta, capital of Baluchistan province. THE ASSOCIATED PRESS

Young women from Pennsylvania's Amish community ride a horse and carriage on July 23, through Lancaster County. On the outskirts of a town called Intercourse, an entire community of people has survived this election season with its eardrums' chastity never once penetrated by the sound of Donald Trump's voice. ALEX PANETTA/THE CANADIAN PRESS

Amish pulling for a Trump victory

U.S. ELECTION

Community has so far been spared video of campaign

On the outskirts of a town called Intercourse, an entire community has survived this election season with the chastity of its eardrums never penetrated by Donald Trump's voice.

Many Amish have never heard him speak. They've read newspaper articles about him, learned about him through word-of-mouth, but have never had the full sensory experience because their traditionalist faith forbids TV, radio and the web.

So the reactions are spontaneous and physical when a reporter visits and attempts to impersonate the candidate.

"That's a little too much bragging," says a young woman at a bookstore counter. "Usually when people think too much of themselves, that's when it all goes downhill."

Residents won't let their names be printed. Modesty is so central to the Amish way of life that people in this Pennsylvania community won't be photographed, won't linger before mirrors and avoid media.

But here's a shocker — most are pulling for Trump.

The Amish are conservative — so they support Republicans against a party they associate with abortion, homosexual rights. Another factor frequently comes up in conversation: Hillary Clinton is a woman.

"No Amish is going to vote for Hillary," says a man in the library. "No one wants a woman president. ... What does Bill think about his wife running for president?"

The estimated 70,000 Amish in Pennsylvania could be a powerful voting bloc. But there's just one problem — the Amish don't vote. An estimated five per cent cast ballots in the last election. THE ASSOCIATED PRESS

TEXAS

Family of teen who made clock files suit

The family of a Muslim boy who was arrested after bringing a homemade clock to school filed a federal lawsuit Monday against Texas school officials and others, saying the incident violated the 14-year-old boy's civil rights, prompted death threats and forced them to leave the United States.

The lawsuit was filed on behalf of Ahmed Mohamed, who was arrested at his suburban Dallas high school in September and charged with having a hoax bomb. He says he brought the homemade digital clock to school to show his teacher.

Irving police later dropped the charge, but he was still suspended for three days. He never returned to the school; his family opted to have him take classes elsewhere.

The lawsuit names Irving Independent School District, the city of Irving and the school's principal, and asks a jury to determine the damages. In November, the family asked the district and city to pay $15 million or else face a suit.

THE ASSOCIATED PRESS

Ahmed Mohamed and his clock THE ASSOCIATED PRESS

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LGBTQ ISSUES

Uganda to curb gay pride activities

Uganda's government said Monday it "will continue to suppress" the public activities of homosexuals and that a rehabilitation program had been developed to allow them to "lead normal lives again."

Ugandan police last week arrested about 20 people attending a gay pride event at a nightclub in the capital, Kampala. They were questioned and released hours later, although some said they had been assaulted by police officers.

Simon Lokodo, a Ugandan minister in charge of ethics and integrity, told reporters that gay pride activities are being organized "with the influence of some foreign forces" he didn't name. He also accused gay people of trying to promote themselves.

Homosexuality is criminalized in Uganda, as in many African countries. A colonial-era law proscribes such sex acts "against the order of nature." Gay leaders say the LGBTQ community faces discrimination, violence and extortion.

Frank Mugisha, a prominent gay rights leader in Uganda, said on Twitter that LGBTQ Ugandans will continue to hold public events despite Lokodo's order.

Lokodo, a former Catholic priest who condemns homosexuality, has previously been accused of leading efforts to foil the public activities of LGBTQ Ugandans. THE ASSOCIATED PRESS

Young African-Americans fear white extremism more

TERROR ATTACKS

Survey shows widespread anxiety among next generation

The threat of violence by people inspired by foreign extremists invokes fear in a majority of young Americans across racial groups. But for young people of colour, particularly African-Americans, that fear is matched or surpassed by worries about violence from white extremists.

A new GenForward poll of Americans age 18-30 shows widespread anxiety among young people about attacks from both inside and outside the United States.

Sixty-two per cent of young African-Americans and 55 per cent of Hispanics surveyed said they were very concerned about the threat of violence committed by white extremists, compared to one-third of whites and 41 per cent of Asian-Americans.

GenForward is a survey by the Black Youth Project at the University of Chicago with the Associated Press-NORC Center for Public Affairs Research.

Worry about attacks from people currently living in the U.S. who are motivated by foreign extremists spreads more evenly across racial groups, with at least half of whites, blacks, Asians and Hispanics describing themselves as very concerned about that threat.

64%

Percentage of young white Americans who said they oppose Donald Trump's call for a temporary ban on any Muslim who isn't a U.S. citizen from entering the U.S.

Violence committed by people from outside the country also caused unease, especially among Hispanic young adults. Fifty-six per cent of Hispanics polled said they were very concerned, compared to 49 per cent of African-Americans, 40 per cent of Asian-Americans and 41 per cent of whites.

Terrorism concerns have young Americans across racial groups largely in agreement that some rights and freedoms should be sacrificed in efforts to prevent an attack.

Eleven per cent of all young adults polled said they believe such sacrifices are always necessary, while 54 per cent said they're at least sometimes necessary.

But most young people said Republican presidential candidate Donald Trump's calls to temporarily ban Muslims from coming to the U.S. goes too far.

More than two-thirds of those surveyed said they oppose a temporary prohibition on any Muslim who isn't a U.S. citizen from entering the country: 64 per cent of whites, 66 per cent of Hispanics and 79 per cent of African-Americans and Asian-Americans.

THE ASSOCIATED PRESS

IRAQ NEIGHBOURHOODS LEVELLED
Iraqi police officers ride a motorbike in central Ramadi, Iraq, in March weeks after fierce battles between Daesh militants and Iraqi security forces for control of the city. Two years ago, after the fall of Mosul, a Daesh push deeper into Iraq's Kurdistan region triggered Iraq's Peshmerga forces to retreat and the U.S.-led coalition to drop the first airstrikes in the fight against the militant group. Since then coalition planes have dropped more than 9,400 bombs on Iraq. The munitions, often called in to closely support advancing forces on the ground, have dramatically changed the fight against Daesh, allowing Iraqi forces to slowly claw back cities, towns, supply lines and infrastructure. But the fight, which continues to be largely waged from the air, has also levelled entire neighborhoods, displaced millions and redrawn the Iraqi map.
THE ASSOCIATED PRESS FILE

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FRAUD

Ukrainian faked age for high school

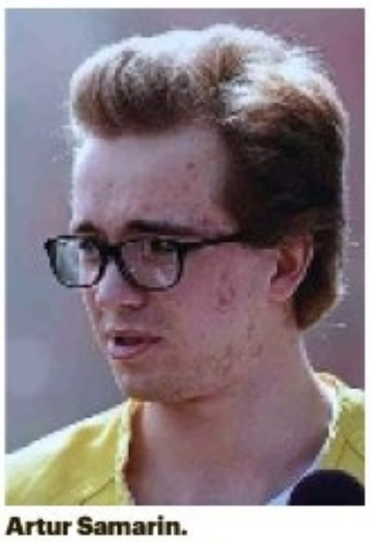
A 23-year-old Ukrainian man accused of faking his name and age while attending a Pennsylvania high school and having sex with an underage girl pleaded guilty Monday.

Artur Samarin entered the plea to a number of fraud and sex charges, which carry penalties of up to 40 years in prison and $90,000 US in fines. Sentencing is scheduled for September.

He also faces federal fraud charges and could be deported.

Samarin, who called himself Asher Potts, is accused of having sex with a 15-year-old girl when he was 22.

He had impressed teachers and community leaders while attending John Harris High School in Harrisburg and had been accepted into a college in Florida before authorities concluded he was considerably older and was a Ukrainian citizen who overstayed a student work visa.



Artur Samarin.
THE ASSOCIATED PRESS

Wal-Mart to shell out $3B to step up online presence

RETAIL

Megastore purchasing Jet.com in effort to rival Amazon

Wal-Mart is buying fast-growing online retailer Jet.com for $3 billion in cash in addition to $300 million in stock, scooping up a newcomer that launched a year ago with the intention of challenging online leader Amazon.

The hefty price underscores how Wal-Mart is trying to compete more aggressively and effectively for younger and more affluent customers as it has seen its online business growth slow, even with big investments in distribution centres and expanding services.

As part of the deal, Jet.com co-founder and CEO Marc Lore will oversee both that site and walmart.com, and will report to Wal-Mart Stores Inc. chief executive Doug McMillon. Lore brings to the role a rich e-commerce resumé as founder of Quidsi, the parent of Diapers.com, which was bought by Amazon for $500 million in 2010.

Analysts say the acquisition still won't enable Wal-Mart to catch up to Amazon in sales, but it will help narrow that gap and should widen the distance between Wal-Mart and other online retailers. The deal also reflects the difficulties for startups like Jet.com of making it on their own in a sphere Amazon dominates with its network of distribution hubs and the powerful asset of its Prime membership program.

The move follows a series of acquisitions by major traditional retailers of online startups, with Hudson's Bay, which owns Saks Fifth Avenue, purchasing flash-sales site Gilt Group and Bed, Bath & Beyond buying One Kings Lane. While not a startup, Wal-Mart itself announced in June that it announced it was forming a partnership with JD.com in China to bolster its presence in that market.

"This acquisition in tandem with its joint venture in China with JD.com, demonstrates that Wal-Mart is attacking online retail with significant zeal," said Moody's lead retail analyst Charlie O'Shea. "As we believe 'catching' Amazon online is an unrealistic goal for any brick-and-mortar retailer, Wal-Mart now has a definite leg up on its competitors in the very important race to be No. 2 online."

As part of the deal, which Wal-Mart expects to close this year upon regulatory approval, Wal-Mart and Jet.com will maintain separate brands — for now. Walmart.com will stay focused on the company's low price strategy and Jet.com will still provide a curated assortment of products. The acquisition will help Wal-Mart grab a higher-income customer who typically is younger than its own shoppers. Jet.com, launched in July 2015, sells 12 million products, from jeans to diapers and has been growing fast. It has more than 400,000 new shoppers added monthly and an average of 25,000 daily processed orders.

Wal-Mart says it will incorporate some of Jet.com's "smart" technology that lowers prices in real time by looking for ways to cut costs. It is built on a pricing algorithm that determines which sellers are the most efficient in value and shipping and adjusts prices based on what items are in the checkout cart, as well as how far the desired products are from the shopper's home. So shoppers are encouraged to add more to build a more efficient cart and buy items labelled "smart cart" for more savings.

THE ASSOCIATED PRESS

An employee restocks a shelf in the grocery section of a Wal-Mart Supercenter in Troy, Ohio.
CHRIS HONDROS/GETTY IMAGES FILE

> **We have some cool ideas on how the two brands can work together over time.** Wal-Mart CEO Doug McMillon

IN BRIEF

TransCanada tells panel Energy East pipeline safe

TransCanada Corp. stressed its commitment to the safety of oil shipments as three days of hearings into the proposed $15.7-billion Energy East pipeline project opened in New Brunswick on Monday.

John Van der Put, vice-president of eastern oil pipeline projects for TransCanada Corp., told a three-member National Energy Board panel that the project is "the safest and most environmentally responsible way" to transport crude oil from Western to Eastern Canada.

THE CANADIAN PRESS

Feds looking into financial side of soda pop tax

The federal government has weighed the pros and cons of a financial deterrent aimed at shrinking bulging waistlines: a tax on soda pop. Finance Minister Bill Morneau's office requested an analysis to explore the "issues and impacts in respect of a potential tax on soft drinks."

THE CANADIAN PRESS

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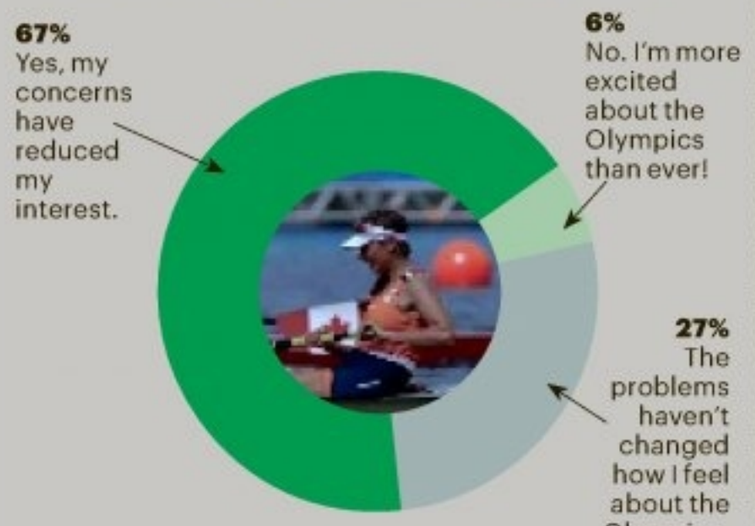
metro VIEWS
Your essential daily news
Tuesday, August 9, 2016

METRO POLL

Do you have Olympic-size worries?

Brazil is a mess. The congress is trying to oust the president. There's a potentially dangerous level of human sewage in the water where aquatic events are taking place. The Olympic Village is shoddy, and thanks to the worst recession in generations, public institutions have ground to a halt because the government can't afford to pay wages. And that's not to mention the Zika virus. We asked our readers if these issues have tarnished the Olympics' golden glow.

1 Have all the issues in Rio reduced your interest in the 2016 Summer Olympics?


67%
Yes, my concerns have reduced my interest.
6%
No. I'm more excited about the Olympics than ever!
27%
The problems haven't changed how I feel about the Olympics.

WE ASKED Metro readers

How much taxpayer money is wasted on this commercial venture?

The Olympic committee doesn't give a damn about the issues for the athletes, as long as they have a city that will host.

The Olympics will be fine despite Brazil's problems.

It doesn't sound like a safe place for anyone right now, medically and politically. It's not a place to be hosting a global event at this time.

Latrine Bay scares the crap out of me!

Olympics should be held in the same place every four years. The cost to countries to host this event is horrendous.

I want to see everyone support the dreams of our children. Don't take their dreams away with negativity.

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HAVE YOUR SAY

Seattle can teach us bike sharing dos and don'ts

URBAN COMPASS
Petti Fong

Since Seattle started its bike-share program two years ago, cycling advocate Tom Fucoloro figures his walking time and transit use has increased but his cycling time gone down.

For Fucoloro, this was a strange and unexpected outcome. The author of Seattle Bike Blog calculates it all comes down to laziness.

"Before I would bike a block or two to the grocery store because I didn't want to walk," he says. "I bike because I'm really lazy. But the bike share access means I end up walking more to get bikes and taking light rail more. Getting my own bike on the rail was a headache."

Pronto, the Seattle system, is still hitting its stride, according to Fucoloro, who is a member and a fan but clear-sighted about its shortcomings.

"Vancouver and Portland went big, Seattle went middle and that's why it's not the success it should be," he says.

Our city's version of bike share, which started a few weeks ago, will have 1,500 bikes and 150 stations by the end of summer. Seattle's system has 500 bikes and 54 stations.

Does size and accessibility matter? Seattle hasn't hit its sweet spot yet, Fucoloro says.

Seattle's odd system of forcing a return every 30 minutes is puzzling. Residents $7.95 monthly membership got 45 minutes to return after complaints were lodged that some stations were too far apart to make the limit reasonable.

The system, like Vancouver's, is designed to appeal to both residents and visitors. If bike shares are to work, Fucoloro believes the formulation has to be lots of people makings lots of short trips and calculating that a five-minute bike ride is preferable to a 15-to-20-minute walk.

Whether Vancouver's program will be able to do that is unknown. Getting people from sidewalks to bike lanes may be one measure of success as well as increased use of transit. As Fucoloro believes, more choices available that don't involve driving is an automatic win.

Vancouver and Seattle's bike share systems also share another thing in common. Both are the rare jurisdictions that have helmet laws. That forced both Pronto and Mobi to add in extra measures of securing helmets and bikes — unheard of in other major North American cities. As anyone walking by one of the Vancouver Mobi stations this summer have already found out, the surest place to find puzzled tourists have been around the docking areas.

Not everyone is used to wearing helmets and the bike share program in Seattle has sparked renewed discussions about whether it's time to repeal the law there. By hard numbers alone, Canadian bike share programs are more dangerous than American ones.

A study by the Mineta Transportation Institute released in March of this year found that of more than 23 million bike shares in North America, not a single death occurred in the United States at the time. (There has since been one in Chicago).

Mineta found the only three deaths that were known to have occurred by bike share users were one in Mexico and two in Canada. Fewer bike sharing users, it would seem, doesn't mean a safer ride.

Petti Fong (@NewsPegReports) is assistant chair of journalism at Langara College.

ROSEMARY WESTWOOD

Welcome to the 2016 Sexism and Objectification Games

Every two years, men around the world get a good look at the buttock creases of elite, highly-trained and supremely fit women who could clock them before they finish the sentence "Nice ass."

Call it the Ogling Games. In only the last few days:

- The Toronto Sun celebrated a silver medal by proclaiming diver Penny Oleksiak "pretty" in a splashy front page (yes, I get it; yes, it's both lazy and sexist).
- 24 Hours ran a "Sex with a side of gold" headline, featuring a nice wide shot of female swimmers' backsides and a sidebar noting volleyball and tennis are among the sexiest sports "not just for their sexy bodies and great personalities but also for the cute outfits they don," according to "relationship therapist" Kimberly Moffit.
- The Globe and Mail put a full-page photo of Canadian divers Jennifer Abel and Pamela Ware on its sports cover, showing their great form and butt-revealing swimsuits.
- The Chicago Tribune headlined a trap-shooting athlete's win this way: "Wife of a Bears' lineman wins a bronze medal today in Rio Olympics."
- NBC commentator Dan Hick had to apologize after he called the husband and coach of Hungarian gold-medal swimmer and new world-record-holder Katinka Hosszu "the man responsible" for the swimmer she's become.

None of this media treatment is new to women's sports. It's just at Olympic proportions. Each games are a turbocharged two weeks of wall-to-wall coverage of women athletes, and the sexism that goes hand-in-hand with public attention.

There's no reason, other than male viewers, women's swimsuits need to be cut higher than the CN Tower, revealing half a bum cheek. There's no reason female beach volleyballers need to wear bra tops. The ploy is so obvious, some U.S. male gymnasts want to compete with their shirts off for attention.

All of which is gross.

So are the comments about female athletes' physical appearances (from 2012, Boris Johnson's gush over the "semi-naked women playing beach volleyball... glistening like wet otters."). So is painting women's success as a footnote to their husbands'.

Alas, each Olympics brings more of the same, suggesting critiques like this are as useless as stories about Olympics in turmoil (they always are. The show always goes on).

If anything, the Games underline to all aspiring female athletes just how sexualized they can expect to be. And since we're all so OK with that, I suppose they should learn it early. Bonne chance, women of the Olympics, and nice asses.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

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Martha Stewart, Snoop Dogg team up to throw celebrity dinner parties for new VH1 reality show

Second Jen looks to make TV history

INTERVIEW

Asian stars hope their show will spark more diversity

Jen (Samantha Wan) is nervously sitting in a doctor's office waiting for a gynecological exam. In the next seat engrossed in a medical pamphlet on sexual health is her best friend Mo (Amanda Joy).

"Do you remember my first pelvic exam when my mom got me to see a gynecologist Dr. Chin?" asks Jen with alarm.

Actors Wan and Joy are in the back of a former daycare centre in the west end Toronto neighbourhood of Babypoint. The studio has been mocked up to resemble a doctor's office. They're putting together City TV's Second Jen, a sitcom that is revolutionary for starring not one, but two female Asian leads.

Since ABC's Fresh Off The Boat and Dr. Ken there has been a gold rush of Asian American sitcoms including CBC's Kim's Convenience scheduled for the fall season, and YouTube Red's Single by 30.

But Second Jen stands out because it is confidently doubling down on the Asian leads, as if we had already arrived in a post-racial world. The fact that it is Toronto-based makes sense, since this city is touted as the most diverse in the world.

Back to the scene in the doctor's office: At the age of 21, Joy says, her mom followed her to the doctor. "His first question was, 'Are you sexually active?' And she wouldn't leave the room!"

Second Jen is based on the experiences of Joy (who has Filipino ancestry) and Wan (who has Chinese ancestry) and their attempt to make it on their own outside their protective families. The gynecological exam scene was inspired by the fact that Asian parents rarely, if ever, talk about sex to their children. "Mainstream culture is all about go out there, have fun safe sex, and in Asian culture you just never talk about it at all," says Joy. The title of the show also refers to the second generation, and the cultural and technological divide between millennials and their parents.

"This isn't a show just about being Asian, it's about the generational shift that's happening out there," Wan says.

A study at the USC Annenberg school of journalism found that of the 100 top films in 2014, 12.5 per cent of the casting was black, 5.3 per cent was Asian, and 4.9 per cent were Latino.

But remarkably, while Hollywood still battles over Oscars So White, television continues to push the boundaries, becoming much more reflective of the society we live in.

In some ways, it's surprising that Canadian networks have not taken the lead on diverse casting as some U.S. producers have done, introducing quality shows such as Blackish and Master of None.

Wan and Joy, tired of competing for the same roles in Toronto, decided they needed to create their own jobs.

What has changed for both actresses and they think also for mainstream audiences is the way that they look at the world through the lens of television. And they hope that they're not the only ones seeing it through that prism.

"One of my favourite shows growing up was Friends, and I still love that show," Wan says.

"But I look at it now and there's so little diversity. It's just so weird watching that now. And I hope moving forward that maybe we can change this a little, that we won't be the only ones that think that way."

TORSTAR NEWS SERVICE

TV TRAILBLAZERS

All American Girl (1994)
Comic Margaret Cho's sitcom was groundbreaking for having an Asian lead. Cho played the rebellious daughter of a strict Korean-American family. The show only made it one season and Cho blamed network executives for trying to make her material more palatable to mainstream audiences.

Fresh Off The Boat (2015)
A show about an Asian family living in Orlando, Fla., based on the life of Vice host and chef Eddie Huang. Huang criticized the show before it aired saying, the series did not accurately reflect his life.

Master of None (2015)
Aziz Ansari and Alan Yang's masterful send up forms a modern, diverse ensemble comedy. Ansari plays an actor who is best known for a Go-Gurt commercial. Which, in itself, is funny.

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Fighting? Stop and think about the future

ADVICE

Ask yourself: Will this matter a year from now?

If you're at odds with your wife about family chores, or are having a spat with your boyfriend over who feeds the cat, stop and ask yourself, "Will this fight matter a year from now?" — and you might still be together then.

A new Canadian study, published in the journal Social Psychological and Personality Science, suggests the ticket to overcoming relationship conflicts is adopting a future-oriented perspective, instead of focusing on the present.

That means in the heat of the moment when tempers are flaring, people should take a step back and ask themselves how a conflict will affect them down the line, says lead author Alex Huynh, a doctoral candidate in the University of Waterloo's department of psychology.

"It allows them to be more forgiving of their partners and close friends, and in the end, that changes how they think about their relationship and their relationship well-being," he says. "They think the relationship will get better, and (think) of the conflict as a learning experience."

The researchers conducted two studies — one on undergraduate students in Chicago, and another on a broader age range of Americans found through a crowdsourcing website. All participants were asked to reflect on a recent conflict with a romantic partner or a close friend, with one group tasked with describing how they felt about it in the moment, and a second group describing how they'd feel about the conflict in a year.

In both studies, those thinking about the future reported more positivity about their relationships. They also showed more forgiveness and saw the fight in a more reasoned, positive light.

"People get caught up in their feelings, and use it as fuel and end up hurting their relationships," says Huynh. "But as humans . . . we can take a step back and think about our conflicts differently. By this simple way of doing that, your relationship is going to be better."

The findings come as no surprise to psychologists and relationship counsellors, who've seen it all when it comes to sparring couples.

A new study suggests the ticket to overcoming relationship conflicts is adopting a future-oriented perspective instead of focusing on the present. ISTOCK

"Even basic stresses in life, when we take a moment to say, 'Will this matter a year from now?' I find it makes my clients calm down," says Nicole McCance, a Toronto-based psychologist and relationship expert who has been working with couples for around a decade.

"It makes absolute sense," says registered professional counsellor Edel Walsh, founder of Love Done Well, a Vancouver-based love, life and relationship-counselling service.

We're all hard-wired with a primitive "fight or flight" response, she says, and it's nonsensical to try and solve a conflict in that state of mind. "What generally leads to an escalation in an argument with couples is that they both want to be heard at the same time — but you can't."

When we're arguing with someone, there are actually physiological changes in our body, says McCance. "Our blood pressure increases and goes away from our brain, into our legs and arms," she says.

"The best thing to do is walk away and take a break
Psychologist
Nicole McCance

In other words, your brain isn't exactly firing on all cylinders when you're mad.

"The best thing to do is walk away and take a break," McCance adds. "It takes 20 minutes for your blood to go back to your brain."

And after hitting the pause button, you might as well take some time to think about the future, too. TORSTAR NEWS SERVICE

Aside from adopting a future-oriented perspective, there are a few other things couples can do to get through conflicts to maintain a happy, loving relationship

Keeping the peace

How to maintain a happy, loving relationship

Make your relationship a priority.
It's easy to get caught up in your own needs, but you have to focus on your relationship as a whole. Ask yourself: Are you fulfilling your partner's needs? Are you asking them how their day went? Are you focusing on the things you love about them? To figure out your partner's specific needs, pay attention to the things they're complaining about.

Plan for conflict in advance.
It sounds unromantic and pessimistic to plan for a fight, but Walsh says that's a key way couples can avoid the blow-ups sparked by our primitive "fight or flight" response. (And let's face it: Fighting with a partner is inevitable.) During a calm conversation, talk to your partner about how you want to handle conflict and make an agreement to hit the pause button before things escalate.

Don't play the blame game.
Finger-pointing in a fight will just lead to bitterness, but it's often how people react. "Instead of partner blame, there has to be personal blame," says Walsh. "You have to say, 'Here's what I did, here's what I said, here's my mistake.' " That personal accountability can be even more important than apologizing, she adds.

LEARNING CURVE

Don't break the bank. Sort out your school year budget now

Nearly half of students surveyed say social outings and eating at restaurants cost more than they anticipated, followed by groceries and tuition, according to a recent student finances poll.

"Figuring out what the school year is really going to cost is something that can make a big difference once the semester starts," advises Laura Plant, director of student banking at RBC. She offers the following tips to help parents and students budget for the school year ahead:

1. Figure out your costs — estimate expenses on the high side if you don't have an exact amount and rework the figures once you know the actuals. Talk to upper-year students who may have insights on costs of academic conferences, textbooks, and other necessary tools.

2. Add up all sources of income to see you how much cash you are working with for the year. Think about savings, investments, gifts, and financial assistance and scholarships from both government and your educational institution. Sort everything into two categories — "sure thing" and "maybe."

3. Separate your wants and needs, prioritize, and adjust. Consider making some lifestyle changes to help keep expenses in line.

4. Use an online calculator to help with budgeting. The RBC student calculator, available online at rbcroyalbank.com/student, provides hints on what you might have overlooked, such as costs for an internet connection or trips home.

5. Regularly review your spending and income/savings throughout the year and adjust as necessary.

ISTOCK

CONTRIBUTED

The role of energy in our current economic climate

Energy management isn't just a hot topic in the news, it is also the focus of one of the latest programs launched at New York Institute of Technology's Vancouver Campus — with its first cohort starting in September.

"Energy is very important in our current economic climate and the master of science in energy management program is for those looking for the skills that are currently in demand around the world," says Patricia Keen, an adjunct professor in the offering. "We have a very enthusiastic faculty and support from our New York campus so we are really excited to launch the offering."

The engineering-focused program can be taken full or part-time.

It, however, doesn't require applicants to possess an engineering background. Instead, says Keen, those with a science or economic background with a focus on energy will benefit.

"The program is very concentrated and everything is connected with energy efficiency and energy management, so students will have a very sound environmental background," she says. "We are very much offering an applied learning approach with emphasis on original research, and students will be completing lab work and a capstone project that is connected to industry."

And while the program supports B.C.'s energy policies and priorities, it also remains globally relevant and even allows students to transfer between campuses during their studies, thanks to NYIT Vancouver's connection to its New York campus.

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Find a rewarding career in nursing

Many people looking for a career change discover they excel in a field they never dreamed they could be a part of.

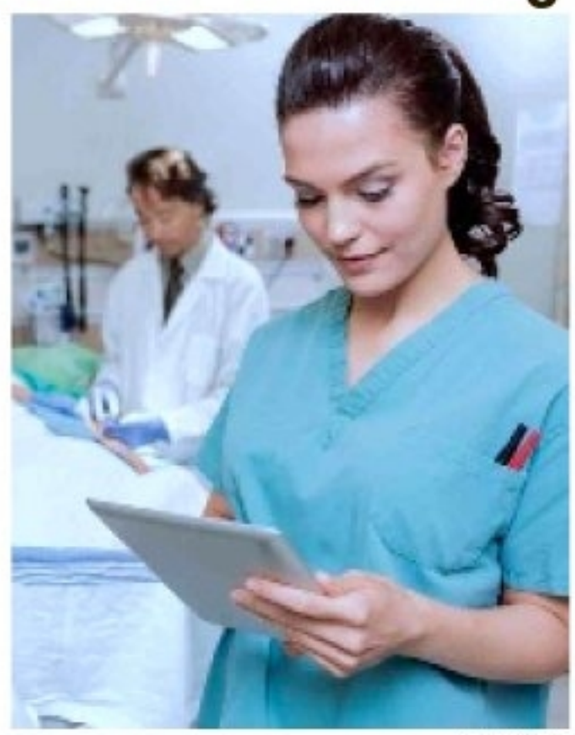
Practical nursing is one of those fields — offering newcomers a meaningful, well-paid career.

It takes nerves of steel and a heart of gold to be a nurse. The career attracts a special group of people who have a particular combination of skills and traits. Sensitivity and people skills are of utmost importance.

Licensed practical nurses get a hands-on chance to work with patients, providing care that's culturally sensitive and tailored to each individual. It's an environment where every day presents a new challenge and every patient is different.

According to a poll released in June, nursing is the most respected profession in Canada. The salary of this career reflects that value. A licensed practical nurse in Vancouver is paid a median wage of $25.50 per hour*.

Practical nurses need to be equipped with the knowledge in human physiology, medicine and the specialized care techniques to succeed in their field. Newcomers can get there by taking a reputable educational program.



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The Practical Nursing Program at CDI College provides a balance of knowledge and practical experience, including clinical placements where you will take on real, meaningful work with patients that will prepare you for work in the field.

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

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Catering to the needs of international students

Since opening 80 years ago, Columbia College has had the privilege of being Canada's longest established international private college.

In that time, it has also garnered a reputation for catering to the needs of international students and setting them up for success, says its director of admissions.

"Our services and programs are designed for international learners," says Peter Ashby. "For example, classes tend to be smaller and instructors are used to dealing with ESL students. These details play a part in helping students succeed, whether they stay in Canada or head back to their home countries."

Columbia — a liberal arts college offering first and second year university transfer courses, associate degrees in arts and science, a university preparatory foundations program and English language instruction — also benefits students once they graduate.

It is one of a few local private institutions whose credentials give international students the option to work in Canada post-graduation.

"Most of our students are doing two-year associate degree programs and four-year bachelor degrees, after completion of which they can work for up to three years in Canada and, with their degree and local work experience, apply for permanent resident status," says Ashby.

If, on the other hand, grads choose to head back home right away, Ashby says they are doing so with the ability to demonstrate high competence in English and an education that is highly respected overseas.

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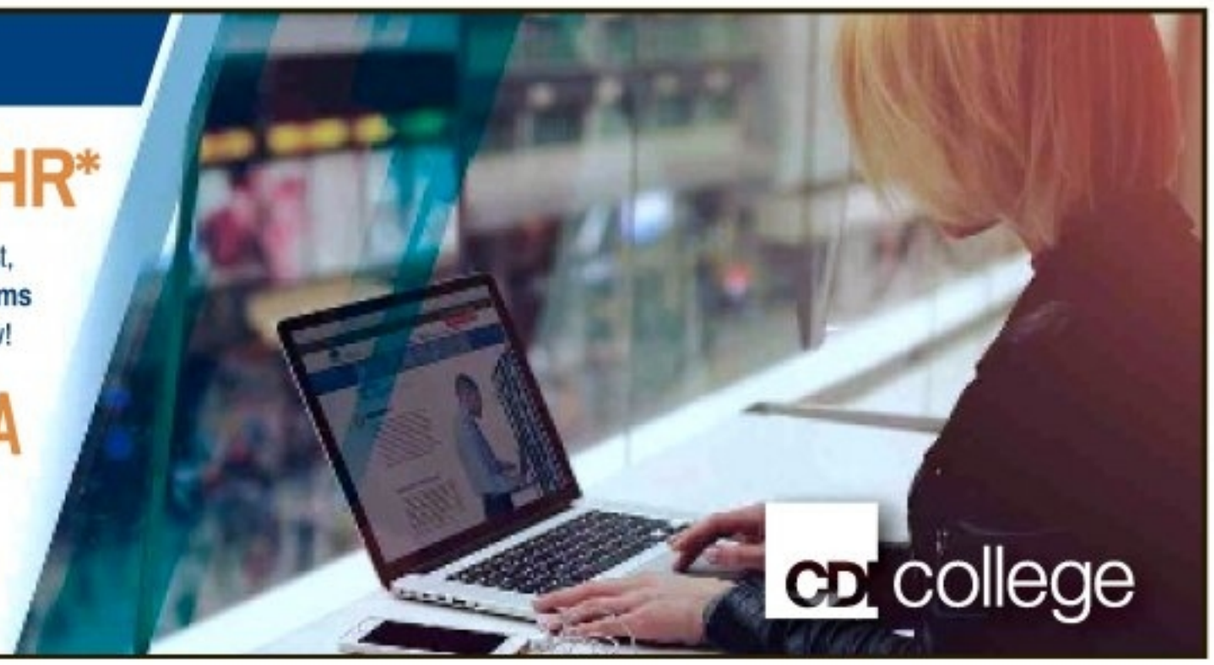

CDI college

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VCC no stranger to hair education

You can snip, style and dye your way to a career in the hair industry in just 10 months at Vancouver Community College's (VCC) hair design program — whether you just finished high school or are looking at second career options.

"Our program is a good mix of students who have one thing in common: They want to create," says Lucy Griffith VCC's hair design and skin and body therapy department head.

Having first offered a barbering program in the 1950s, VCC is no stranger to hair education and after a $1.8-million makeover to its facilities three years ago, which includes a training salon as well as a five-star spa that is open to the public, students are getting the type of training that gets them hired.

"The program is divided into three levels," explains Griffith. "The first two cover all the core aspects of the industry and the final level is specifically designed for students to complete their chosen course of study. And they start cutting mannequin hair in the first week."

After two months, once students get comfortable with their scissors and have practiced on fellow classmates, they move onto working with the public in the VCC Salon and Spa. This, says Griffith, is an opportunity for them to encounter a wide range of hair types and interact with clients. Students also complete two practicum placements to round out the program.

"I tell students to see the practicums as two-week interviews and a way to investigate how a salon operates," says Griffith. "They may be assisting stylists or doing apprenticeship work."

Aside from the technical aspects of the hair industry such as cutting, styling, dying, and chemical waving or relaxing, VCC students also learn the client services and business sides of the industry, including developing a marketing plan and salon development.

VCC hair design grads are now eligible to take the Red Seal Certificate of Completion exam from the Industry Training Authority and can go on to challenge the practical aspect.

Due to demand, VCC is offering a third intake of the program for which prospective students can still apply. For more, visit vcc.ca/hair.

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Fashion arts Thursday, Aug 11, 1 p.m. - room 920	Downtown
Access to careers and education Monday, Aug 15, 12 p.m. - room 236	Downtown
Legal administrative assistant Monday, Aug 15, 4 p.m. - room 622	Downtown
Music Tuesday, Aug 16, 4:15 p.m. - room 3001	Broadway

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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Make the most of your tablet, whether studying or chilling

A tech favourite for those young and old alike, tablets are a lighter, bag-friendly option for playing apps, reading books and news, watching videos, and surfing the web. They're also great for students and others who are on the go and offer many of the same features you would find on a laptop while providing easy entertainment for your downtime.

With new models and sales coming out for back-to-school, there are more reasons than ever for upgrading your tablet. Here are the specs you need to look for:

Screen resolution: Full high definition screens offer true colours, sharp text, and vibrant images that enhance your experience. LG's new G Pad III features an 8-inch screen that lessens eyestrain with its reader mode that filters blue light and reduces intensity. The customizable settings will let you easily work (or play) longer, letting you catch-up on any assignments or missed television shows.

Getting work done: Most tablets come with pre-installed office apps, but they can also be downloaded so you can type up your documents on the go. Wireless Bluetooth keyboards and other accessories can be added for additional options, and a long-lasting battery will help you get it all done without being tethered to an outlet.

Storage: Look for a tablet that offers a full size USB port. This allows for easy data-sharing and backing-up of all your important documents. Most tablets also come with at least 16GB of built-in memory and have expandable storage options of up to 2 TB.

Multitasking: Some tablets let you use two apps at the same time in split-screen mode, allowing you to drag and drop content easily. In addition to split-screen, the GPad from LG offers the QPair Connection app for seamless connectivity and productivity with your phone.

ISTOCK

TAKING THE INTIMIDATION OUT OF LEARNING ENGLISH

CONTRIBUTED

To support low-level English learners, the Vancouver School Board's (VSB) English foundations program employs a casual approach to take the intimidation out of learning the language, says one of its academic advisors.

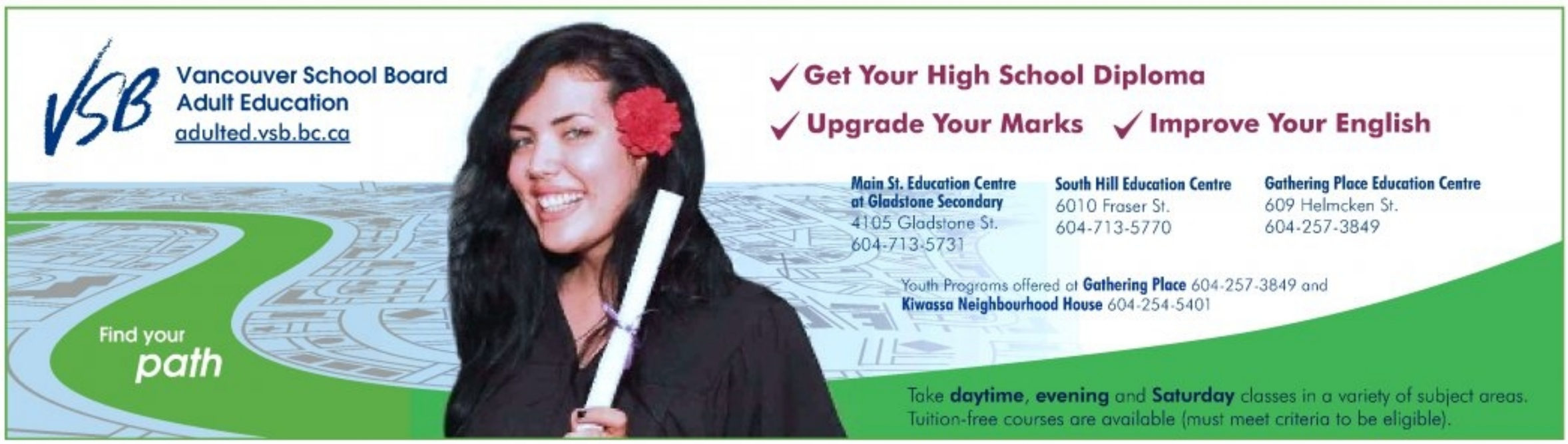
"Our instructors are friendly and they try to make it easy for students," says Lindy Lui, international academic advisor at South Hill Education Centre, one of VSB's adult education locations. "We also monitor students and meet with them to discuss things we can to do help them succeed."

With seven program levels (Level 7 is equivalent to Grade 10 English), students are assessed to determine an appropriate entry point. Each level takes nine weeks to complete and VSB offers five intakes throughout the year. Classes are facilitated in the mornings, afternoons, evenings and weekends.

"Courses are structured like traditional classes, with lectures, group activities and discussions, presentations, movies and video clips," says Lui. For the higher program levels, says Lui, students can also choose a self-paced option that sees learners coming into VSB's learning centres to pick up their work and get help as needed.

"The traditional structure doesn't work for everyone and some students really thrive when they can work at an individual pace," says Lui. "This option is also ideal for people who work full-time or have irregular shifts and can't commit to coming in at a set time."

Students are still being accepted for the September intake of English foundations.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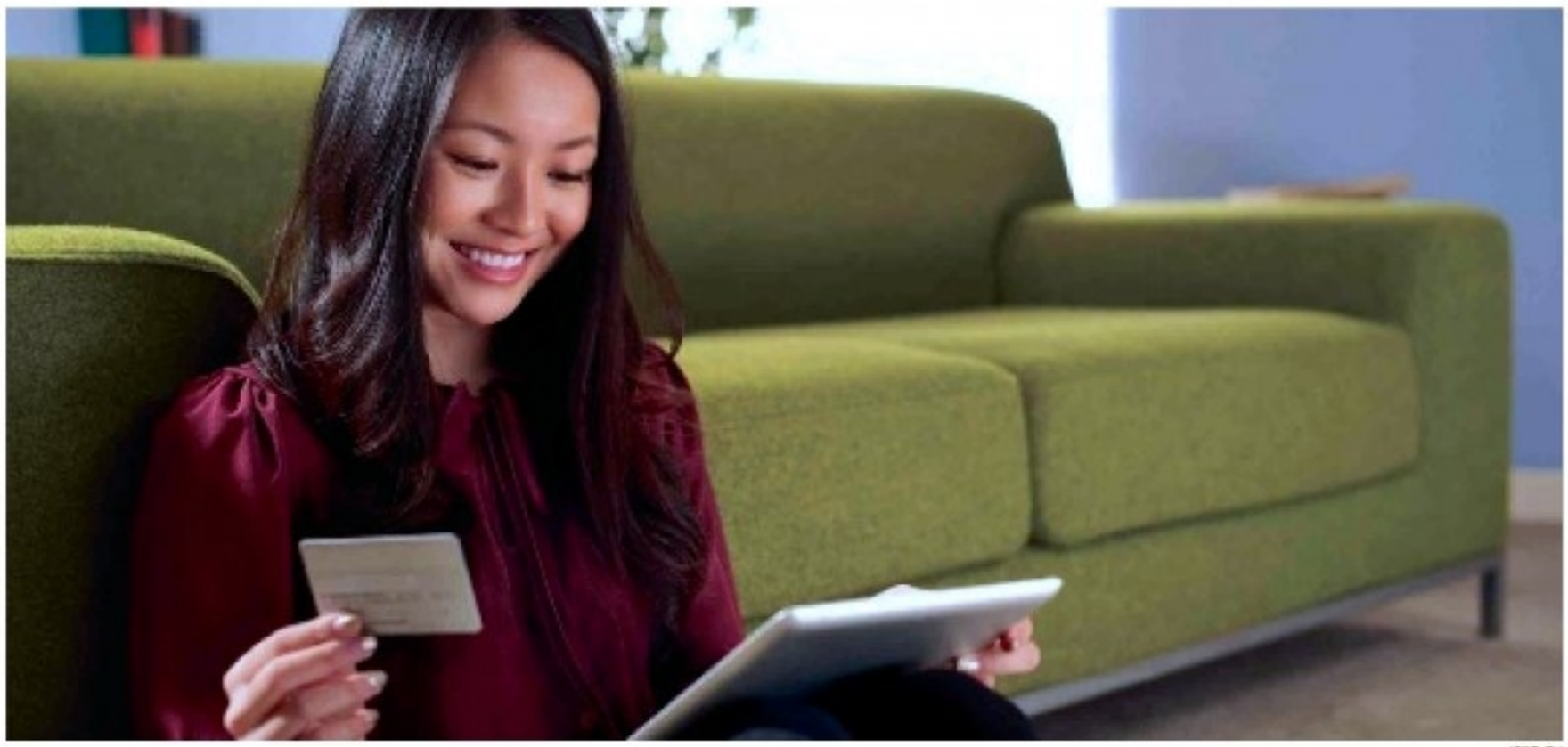

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Some students get a crash course in timely and effective money management when they start post-secondary school and have real-world expenses like rent, utilities, and groceries for the first time.

According to a recent student finances poll, more than three quarters of students wished they knew more about managing money when they started school, and some wish they had known that a budget is a useful way to keep control of spending.

Here are three ways students can get smart about managing their money by going digital.

1. Instant access: Sign up for online banking or download a mobile banking app to make banking and paying bills more convenient.

2. Make your smartphone your wallet: Need to pay back a friend who covered dinner last night? You can send money to anyone in Canada with an email address and access to online banking. Or use a mobile wallet to manage your money and gift cards.

3. Use free budgeting tools: There are great apps and online tools to help you out, like the RBC student budget calculator that can help you figure your costs for the school year. The myFinanceTracker included with RBC online banking can keep you on track of your budget by showing you where you are spending your money and how much you have available to put towards savings.

FIND A CAREER SUPPORTING A TOP-NOTCH MEDICAL TEAM

CONTRIBUTED

No doctor can operate effectively on a long-term basis without an excellent staff to support them.

A career as a medical office assistant is a great opportunity to become a part of the field of medicine, in a well-paid and valued career.

If you're self-motivated, have razor-sharp organizational skills, and want a job where you can help people, the career of a medical office assistant may be for you.

The in-demand job is also a great place to learn medical terminology and other aspects of medicine — so your job isn't simply administrative, it also requires a basic grasp of medical knowledge.

A medical office assistant will develop a strong foundation in areas such as pharmacology, clinical procedures, human anatomy and diseases.

On the administrative side, you'll need to know how to use specialized medical software, and perform medical transcription, recordkeeping and billing.

If you don't have these skills now, don't worry. The best way to get into the career of a medical office assistant is to take a specialized educational program.

It's the path to a well-paid career. Medical secretaries in B.C. can earn a median wage of $21.63 an hour*.

The Medical Office Assistant program at Vancouver Career College is a great place to start.

Find out more about the program at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.

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metro RIO

Ibtihaj Muhammad made U.S. history by becoming the only American ever to compete in the Olympics wearing a hijab

Canada topped Great Britain 33-10 to win rugby sevens bronze on Monday at Deodoro Stadium in Rio. DAVID ROGERS/GETTY IMAGES

Flexing their bronze

RIO2016

Canadians place third in pool and on rugby pitch

Canada's women's rugby sevens team won a historic medal, while Kylie Masse continued Canada's rise to relevance in the pool.

A pair of bronze performances on Day 3 of the Rio Olympics gave Canada its first multi-medal day of the Games and kept it on pace for its overall goal of 19 podium finishes. Canada has one silver and three bronze medals so far, with three of those coming from the women's swim team.

Masse, from La Salle, Ont., added to Canada's fortunes in the pool by finishing tied for third in the women's 100-metre backstroke. Canada, which hadn't had a women's Olympic swimming medal since the 1996 Atlanta Games, has sent a swimmer to the podium for three straight days.

Earlier, Ghislaine Landry had two tries and four conversions to lead the sevens squad to a decisive 33-10 win over Britain in the bronze-medal match as women's rugby made its Olympic debut.

The nations' women athletes have been the story so far for Canada, accounting for all four medals.

Masse posted a Canadian record time of 58.76 seconds en route to her bronze. Her swim followed a bronze in the women's 4x100-metre freestyle relay on the opening day of the Games and Penny Oleksiak's silver in the women's 100 butterfly on Day 2.

"From the performances like the relay and Penny last night, everyone's done so well not just in the pool, but also the other Canadian athletes, it's really inspiring to see everyone do well," Masse said. "It really gives each athlete hope for their own successes."

> **We get energy from each other.**
> Kylie Masse on the swim team's success so far

Hungary's Katinka Hosszu won gold in 58.45 seconds, Kathleen Baker of the United States took silver in 58.75 and Chinese swimmer Fu Yunahui tied with Masse to win a second bronze medal.

"I knew it was a tight race and I knew just from swimming prelims and semis, we're all so close and a lot of tough competitors," Masse said. "I knew it was going to come down to the touch and just trying to get my hand on the wall first."

The sevens rugby squad gave Canada its second team sport medal in as many Games after the women's soccer team captured the nation's attention by winning bronze four years ago in London.

But the medal was considered bittersweet for some on the team, as it followed a disappointing 17-5 semifinal loss to eventual champion Australia.

"There's a lot of games over this tournament that we just didn't play the rugby that we are capable of," said Landry. "We were pretty disappointed with that, but that's a performance that we can be proud of and it's good rugby."

Captain Jen Kish, however, couldn't stop beaming.

"I feel like a superhero," said Kish, who had been shedding tears just minutes earlier as the clock counted down. "I know 11 of my other teammates feel that way too.

"What a freaking historic moment for us. Now I know what our Canadian women's soccer team felt like when they got bronze (at the 2012 Games). It's just an ultimate superhero feeling. It's great."

Karen Paquin, Bianca Farella and Kelly Russell had the other tries for Canada, which took a commanding 26-5 halftime advantage. THE CANADIAN PRESS

1 **Hosts have a gold** — Rafaela Silva captured Brazil's first gold medal of the Games by winning judo's 57-kilogram division.

2 **Bouchard falls** — Eugenie Bouchard of Westmount. Que., was eliminated from the women's singles tennis event with a 6-4, 6-2 second-round loss to German Angelique Kerber.

3 **Hope on the water** — Victoria's Lindsay Jennerich and Patricia Obee — Canada's best hope for a rowing medal — won their heat in the women's lightweight double sculls to advance to the semifinal round Wednesday. But the women's eight crew finished last in its three-boat heat.

THE CANADIAN PRESS

RIO notes from the Games

DeLaet has date with history
The first Olympic golf shot in 112 years will be hit by the lone Brazilian in the men's field.

The International Golf Federation tapped into what few Olympic roots it has by selecting Adilson da Silva to be the first to tee off Thursday. Also in the opening threesome: Graham DeLaet of Canada, a country IGF president Peter Dawson called the defending champ — George Lyon of Canada won the gold medal at the St. Louis Games in 1904.

Graham DeLaet
GETTY IMAGES

Mayor pleads for carpooling
The mayor of Rio de Janeiro called for residents to carpool in the notoriously congested city Monday, the first workday during the Olympics competition schedule that featured medal action in gymnastics, swimming, fencing, women's rugby, judo and more.

Brazil soccer on cusp of another home meltdown
It has come to this for the Brazilian men's soccer team: The fans are so disappointed with the team that they heckled icon Neymar and chanted the name of the women team's star during a lacklustre, scoreless tie against Iraq over the weekend. Brazil is now facing elimination — a prospect that once seemed unthinkable in the soccer-obsessed host country — after 0-0 draws against South Africa and Iraq. THE ASSOCIATED PRESS

Neymar
GETTY IMAGES

metro SPORTS

Inter Milan says coach Roberto Mancini has left the Italian club after less than two years in charge

Travis keeps on trucking as Jays' big bats break out

MLB

Leadoff man's four hits set the tone in winning return home

Devon Travis had a career-high four hits as the Toronto Blue Jays busted out of their offensive slump to score a 7-5 win over the Tampa Bay Rays on Monday night.

Travis hit a go-ahead bases-loaded single in the seventh inning and Jose Bautista added a two-run double to push the Jays in front for good in the opener of a six-game homestand.

Toronto came alive offensively after an ultimately successful road trip (4-3 record) that nonetheless saw the club mostly neutralized offensively (17 runs scored). The seven runs scored Monday night at Rogers Centre were the most by the club this month and helped end a two-game slide.

The Jays entered the night a game back of Baltimore for first place in the American League East.

Perhaps the only Jay to hit consistently in recent weeks, Travis led off the bottom of the first with a triple to right, the ball scooting past right-fielder Mikie Mahtook. Travis, who added three singles, is batting .371 (33-89) over the last 22 games and entrenching himself in the leadoff spot for Toronto.

A Bautista sacrifice fly scored Travis and was followed by Edwin Encarnacion's 31st home run of the season off Rays starter Jake Odorizzi. It was the 299th career homer for Encarnacion, who matched the Orioles' Mark Trumbo for the Major League lead.

Coming off one of his finer starts of the season (seven innings, one earned run), R.A Dickey endured another rough start at home.

He worked himself into and then out of trouble early.

After Logan Forsythe reached on an infield single to start the game, Dickey walked Evan Longoria, struck out Brad Miller on a full count and then put Mahtook on with another walk to load the bases. Another strikeout, this time on Nick Franklin swinging, closed the nervous opening inning.

Dickey threw 34 pitches in the frame, only 18 for strikes.

He stumbled into trouble again in the fourth, this time unable to escape unharmed. The Rays scored twice, evening the score at 2-2, with Miller and Mahtook both hitting doubles.

The Jays retook the lead in the bottom of the inning, loading the bases for Encarnacion. He ripped a single to left that plated two runs for the 4-2 advantage. Encarnacion remains the MLB leader with 94 RBIs, though indicative of the Jays' offensive struggles this was his first multi-RBI game since July 20.

Tampa struck right back for a pair of runs as Dickey continued to struggle in the top half of the fifth. After yielding a Forsythe single and hitting Longoria in the back, Dickey surrendered a two-run double to Miller, the score back even at 4-4. That was the end of the night for Dickey.

After threatening in the sixth, the Jays exploded in the seventh with a three-run rally that ultimately won them the game. Michael Saunders, Troy Tulowitzki and a pinch-hitting Russell Martin all walked to load the bases before Travis cashed in with a single up the middle, scoring the go-ahead run. Bautista then ripped a double to the alley in left-centre, scoring a pair for the 7-4 lead. The Jays right-fielder finished with three RBIs.

Roberto Osuna surrendered a solo home run to Forsythe in the ninth, but still notched his 25th save of the season to seal the win. THE CANADIAN PRESS

MONDAY in Toronto

7	5
BLUE JAYS	RAYS

Blue Jays Devon Travis and Josh Thole celebrate after being driven in by Edwin Encarnacion during the bottom of the fourth inning against the Rays on Monday. CHRIS SO/TORSTAR NEWS SERVICE

NFL

Browns' RG3 back as starter

Despite spending an entire season on Washington's bench, Robert Griffin III never doubted he'd be a starter again.

His belief became reality Monday, when coach Hue Jackson said "it's time" to give Griffin the opportunity to lead the Cleveland Browns on the field.

"As long as you don't give up and you keep working, you'll get another opportunity," said Griffin, who beat out Josh McCown for the starting spot.

Robert Griffin III GETTY IMAGES

"It's an honour to be one of 32 (starting QBs) in this league. When you get (an opportunity), you got to seize it."

Griffin signed a two-year, $15-million free agent contract in March and has taken the majority of first-team reps during the Browns' organized team activities and training camp. The fifth-year quarterback completed three long passes to rookie Corey Coleman in the team's Friday scrimmage, including a deep touchdown toss that impressed veteran cornerback Tramon Williams.

"Some of the balls that he threw today, the location that he put them at, it was amazing," Williams said Friday.

THE ASSOCIATED PRESS

SOCCER

Man United ponies up to get Pogba back

Manchester United has made Paul Pogba the world's most expensive soccer player, signing the France midfielder for around 105 million euros four years after releasing him for virtually nothing.

United says Pogba signed a five-year deal with an option for another year.

Pogba was a promising 19-year-old when he left United after his contract expired, having only made seven appearances as a substitute. He joined Juventus and won four successive Serie A titles with Juventus.

THE ASSOCIATED PRESS

Paul Pogba GETTY IMAGES

IN BRIEF

Top dirt-track racer dies following weekend crash

Bryan Clauson, a popular driver considered by many to be the top dirt-track racer in the country, died Sunday night from injuries suffered in a crash during a race in Kansas. His death was announced Monday.

Clauson, 27, was leading Saturday night's race at the Belleville Midget Nationals when he crashed while passing lapped traffic; his car rolled and was hit by another competitor.

THE ASSOCIATED PRESS

University of Arizona football player dies in sleep

Zach Hemmila, a senior offensive lineman for the University of Arizona, has died in his sleep, athletic director Greg Byrne said Monday.

Byrne and Arizona coach Rich Rodriguez told the team of Hemmila's death after practice on Monday morning.

Hemmila was found by a cousin. There was no immediate word on a cause of death.

THE ASSOCIATED PRESS

MLB

Struggling Walker is sent down by Ms

In the midst of the wild-card race in the American League, the Seattle Mariners determined they don't have the time to wait for Taijuan Walker to rediscover the potential he showed earlier in the season.

> **I mean, his last 13 starts he's had like three quality starts.**
> Seattle GM Scott Servais

The Mariners optioned the struggling Walker to Triple-A Tacoma on Monday, a surprising move that the club hopes will jump start his sluggish performances on the mound.

Walker, 4-7 with a 4.10 ERA, was the corresponding move made when the Mariners activated recently acquired reliever Arquimedes Caminero.

THE CANADIAN PRESS

RECIPE Chicken Milanese with Roasted Cherry Tomatoes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 30 minutes
Prep time: 15 minutes
Serves 4

This meal is the dinner equivalent to a vacation in the sun. In other words, it's pure bliss.

Ingredients
- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

Directions

1. Preheat oven to 400 F. Place tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.

2. With a sharp knife, slice the chicken in half so you end up with four thin cutlets. Place each between two sheets of cling film and use a rolling pin to pound until cutlets are 1/4-inch thin.

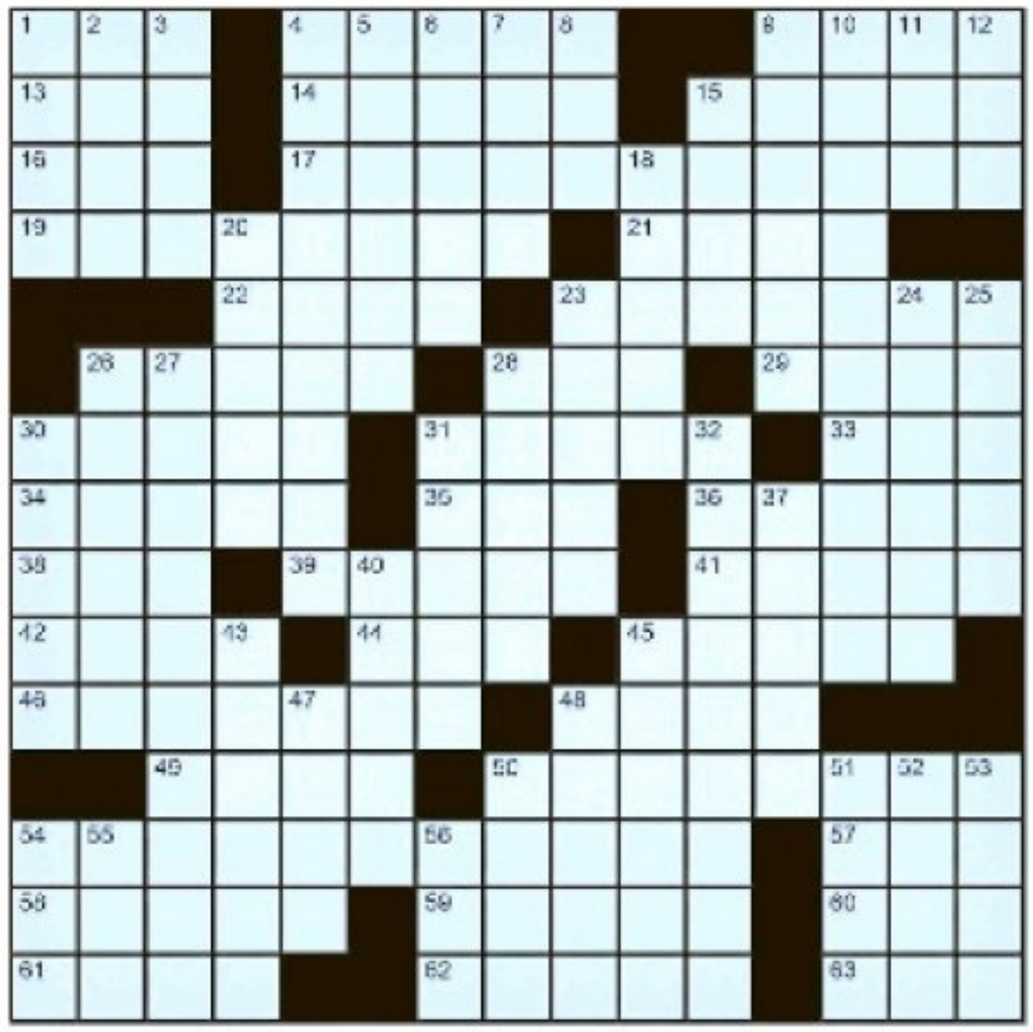
3. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip cutlets into egg, then press on each side in the panko mixture and place on a clean plate.

4. Pour olive oil in skillet over medium heat. Place chicken in hot oil and cook on each side until they're golden brown and crispy, about 5 minutes a side. Serve with fresh arugula and roasted cherry tomatoes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: 'Canada's Olympic Network'
4. Burt and Sela
9. Golden Globes org.
13. Shade
14. Skin-soothing plants
15. Aplomb
16. 'A' in ETA [abbr.]
17. RIO 2016: Quick reflexes sport: 2 wds.
19. RIO 2016: SLO is its IOC code
21. H.G. Wells people
22. Ms. Brockovich
23. Steeps
26. Police dept. ranks
28. Q. "How is Nashville's state abbreviated?" A. "'_ _', _ believe."
29. Queen's 'Bohemian', e.g.
30. _ _ a customer
31. Swallow heartily
33. Env.'s stuff-y
34. Up to
35. Samovar
36. Employee's request
38. Certain cap
39. Make hair stand _ _
41. Singer, Tennessee _ Ford
42.Mr. Redding
44. poet mr. cummings, et al.
45. Get a new tenant
46. RIO 2016: Olympic sport
48. _-majeste (High treason)
49. RIO 2016: Beach mound
50. Canadian restaurant, _ _ Mario's
54. RIO 2016: In the Men's Tournament, Canada faces The Netherlands in it today, August 9th: 2 wds.
57. RIO 2016: Basketball hoop part
58. Soil fertilizers
59. RIO 2016: Cycling spinner
60. 'Federal' suffix
61. Snake sounds
62. Scandinavian
63. Reserved

DOWN
1. Animals bassist Mr. Chandler
2. Mr. Ives
3. Mackerel sort
4. RIO 2016: Pool team sport: 2 wds.
5. Ms. Morissette
6. Songbird variety
7. Oscar Renta
8. Opposite NNW
9. Accolade
10. RIO 2016: Racer's target: 2 wds.
11. Pressure meas.
12. Bronze Roman money
15. Ill-gotten money
18. "_ _ two have been taken." (Donut dozen remainder)
20. 1892: Aria in Pagliacci: "_ la Giubba"
23. _ _ out
24. Has that power bar: 2 wds.
25. Shopping _
26. Intrinsic
27. RIO 2016: Goalkeepers, as per #54-Across
28. Goes sour
30. _ _ the blue
31. "The Caine Mutiny" (1954) role, Lt. Cmdr. Philip Francis _
32. RIO 2016: Swimming event, Men's 4 x 200m _ Relay
37. French city where Van Gogh painted
40. "Buffalo Stance" singer Ms. Cherry
43. RIO 2016: Rowing crafts
45. Goes to that movie again
47. Non-affiliated politicians [abbr.]
48. RIO 2016: 1992 'Dream Team' in Basketball... Magic Johnson, when an NBA player
50. Parrot
51. Lovely flower
52. Gossip
53. Ms. Rossum
54. AMs opposites
55. RIO 2016: '_' _ in IOC
56. Have

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are in such a resourceful frame of mind today, you will see new ways to do things at work. You might see new applications for an old system.

Taurus April 21 - May 21
This is a good day to explore different approaches with children. Likewise, if you are involved in a creative project, you will see possibilities you missed before.

Gemini May 22 - June 21
This is a good day for practical repairs at home, because you are in a resourceful frame of mind.

Cancer June 22 - July 23
Today you have penetrating insight into situations all around you. You see what motivates people and what really makes them tick.

Leo July 24 - Aug. 23
Have confidence in your ability to see new uses for your possessions. This is because you are ingenious today and ready to see new ways of doing things.

Virgo Aug. 24 - Sept. 23
You have the ability to persuade others today. Use this wisely, so people will continue to respect you in the future. Don't lead anyone astray.

Libra Sept. 24 - Oct. 23
This is a wonderful day for research, because you are quick to see the subtext of things. You also see the reasons why something occurred or came into being.

Scorpio Oct. 24 - Nov. 22
If you are in a class or any kind of group, you will convince the people around you to listen to you and to follow your ideas. Use this advantage wisely.

Sagittarius Nov. 23 - Dec. 21
Discussions with bosses, parents and VIPs (even the police) will be powerful and to the point today. Someone wants to get to the bottom of something. They want the truth.

Capricorn Dec. 22 - Jan. 20
Discussions about politics, religion and racial issues will be intense and probing today. You want to know the reason behind why people think the way they do.

Aquarius Jan. 21 - Feb. 19
If you are clever today, you will see ways to reduce your debt or shuffle things to your advantage. Take a fresh look at your situation and be inventive!

Pisces
Feb. 20 - March 20
Someone might try to persuade you to do something today. They want to convince you of something. Listen carefully, but make up your own mind.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					4	5		
		2		6				
	4		9					8
		6			7			4
	7			2			1	
8			5			3		
2					5		6	
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		3	2					

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4	8	6	9	5	2	3	7	1
2	9	3	1	4	7	8	5	6
5	1	7	6	3	8	4	2	9
9	2	4	7	8	1	6	3	5
3	7	5	2	6	4	9	1	8
1	6	8	3	9	5	7	4	2
6	4	2	8	1	3	5	9	7
8	3	1	5	7	9	2	6	4
7	5	9	4	2	6	1	8	3